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# Halifax metro



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## 'RELIEF'

**HMCS Fredericton  
returns to Halifax  
after six months at sea**  
metroNEWS

## Halifax base defrauded

### ACCUSATION

**Audit revealed  
\$1.3M missing;  
four charged**



**Yvette  
d'Entremont**  
Metro | Halifax

A rare case of defrauding the Canadian military has resulted in two former CFB Halifax workers and a Dartmouth couple facing charges.

Two former civilian employees at the Halifax base, along with a Dartmouth businessman and his wife, are accused of defrauding the federal government of more than \$1.3 million, which Canadian Forces spokesman Major Jean-Marc Mercier said Tuesday is certainly "not common."

The Canadian Forces National Investigation Service (CFNIS) has charged all four suspects after an audit revealed the money had gone missing, the Department of National Defence said Tuesday.

The alleged offences stem

from fraudulent purchasing activities with four vendor companies contracted for work at the CFB Halifax heating plant between April 1, 2008 and May 9, 2012, the release said.

"I've been with the military police for a year, and this is the first such case in my knowledge. In speaking with the officer commanding the (National Investigation Service) in Halifax, she had not seen any in the last five years," Ottawa-based public-affairs officer Mercier told Metro.

The four individuals charged are Bry'n Ross, 61, a former civilian contracts officer at CFB Halifax; Wayne Langille, 70, a former heating plant manager at CFB Halifax; Harold Dawson, 57, a Dartmouth business owner; and Kim Dawson, his 54-year-old spouse.

Mercier said the accused individuals no longer work or provide services for National Defence. "This is our money, our Canadian money," Mercier said. "It is our responsibility to do due diligence with the use of this money."



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CRIME

## Suspects facing assault charges

One man appeared in Halifax provincial court Monday and another was set to appear in court Tuesday following an aggravated assault over the weekend.

Halifax Regional Police arrested three men and charged two of them after a 21-year-old Dartmouth man was assaulted during the early morning hours on Saturday.

Officers arrived on scene at 2:50 a.m. to find the victim suffering from "severe facial injuries," a police news release issued Tuesday said. "He was rushed to hospital where his condition worsened."

Police arrested Ky McKenna-Brown, 18, of Dartmouth a few hours after the assault. He appeared in court Monday to face charges of aggravated assault, robbery and two counts of breaching a probation order.

Police arrested the other two suspects just before midnight Monday, releasing one of them without charges. Bryce Anthony Brooks, 19, of Halifax is scheduled to appear in Halifax provincial court Tuesday on charges of aggravated assault and two counts of breaching a probation order. METRO

### + HAVE A TIP?

Anyone with additional information is asked to come forward by calling police at 902-490-5016 or Crime Stoppers anonymously at 1-800-222-TIPS-8477.

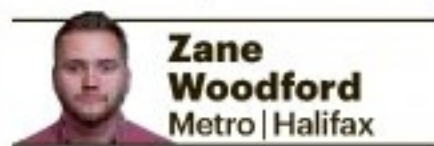


Nick Butcher is escorted into Halifax provincial court by sheriffs in April. JEFF HARPER/METRO

## Hearing set in yoga instructor's death

KRISTIN JOHNSTON

### Nick Butcher appeared for preliminary inquiry Tuesday



Zane Woodford  
Metro | Halifax

The man accused of killing 32-year-old Halifax yoga in-

structor Kristin Johnston will be back in court at the end of October to determine if there is enough evidence for his case to proceed to trial.

Nick Butcher was in Halifax provincial court Tuesday to set dates for a preliminary inquiry after his lawyers had the case adjourned last month.

According to public prosecution service spokesperson Chris Hansen, the preliminary inquiry scheduled Tuesday will last four days in

Halifax provincial court — from Oct. 31 through Nov. 3 — and there will be a focus hearing held beforehand on Sept. 13 to make sure that the lawyers are prepared.

At Butcher's last appearance, one of his lawyers told the court the preliminary inquiry would be "extensive."

Butcher was originally arrested on the day of Johnston's death, but was released pending treatment of serious, but non-life-threatening injuries

in hospital.

When he first appeared in court after being re-arrested and charged with murder in April, he wasn't handcuffed. His arm was hidden underneath his hoodie, and appeared to be in some kind of sling.

Police told reporters at the time that Butcher and Johnston were in a relationship before Johnston's body was found dead in her Purcells Cove Road home in late March.

LICENSING

## Province changes liquor laws

Ben Jamieson  
For Metro | Halifax

Changes have been made to Nova Scotia's liquor licensing regulations, Service Nova Scotia announced Tuesday.

The changes will affect maximum occupancy numbers and provide flexibility when converting restaurants into lounges, the provincial government said in a news release.

Maximum occupancy numbers will now only be set by the Office of the Fire Marshal, as opposed to by both the fire marshal and the Alcohol, Gaming, Fuel and Tobacco division of Service Nova Scotia, the release explains.

The new regulations also allow establishments to convert restaurant space into lounge areas at "the time of their choosing," with approval from the Alcohol, Gaming, Fuel and Tobacco division.

These new regulations will not affect the law banning minors from lounges past 9 p.m.

Currently, there are close to 1,660 licensed establishments throughout the province and the new regulations will only affect about 415 of which operate an eating establishment with a lounge space.

1,660

There are nearly 1,660 licensed establishments across the province. Of those, the new regulations will affect just 415 who run a restaurant with a lounge.

DARTMOUTH

## Police investigate bank robbery

Police are investigating a robbery at the East Coast Credit Union at 155 Ochterloney St. in Dartmouth.

In a news release issued early Tuesday afternoon, Halifax Regional Police said earlier in the day that just after 10:50 a.m., a man entered the bank, gave the teller a note and indicated he had a weapon.

No weapon was seen by witnesses.

The suspect fled the bank on foot with an undisclosed sum of money.

He's described as a white man in his mid-20s to early 30s, five feet 10 inches with a thin build, long hair pulled back in a ponytail and no facial hair.

The suspect was wearing a

black ball cap, a grey shirt with a white shirt underneath, a black jacket and jeans at the time of the robbery.

Police continue to investigate and ask anyone with information on this incident or about the suspect to contact them by calling 902-490-5020. Anonymous tips can also be sent to Crime Stoppers. METRO

ACCIDENT

## Man dies in Highway 104 crash

A 65-year-old man is dead after a single-car crash on Nova Scotia's Highway 104 on Monday.

A release issued Tuesday by Nova Scotia RCMP says a car was travelling east near Salt Springs on a divided portion of Highway 104 just after 2 p.m., when the driver lost control, left the roadway and went over an embank-

ment before hitting a nearby guardrail.

The driver, a 65-year-old man from Sydney, was pronounced dead at the scene.

His female passenger was taken to hospital with minor injuries.

There were no other vehicles involved in the crash.

ZANE WOODFORD/METRO

### + PASSENGER

In addition to the death of the 65-year-old male driver, a female passenger was hospitalized with minor injuries following the single-vehicle highway crash.





Emily Pitts and Stan Selig won the Halifax leg of the Jack Daniel's barrel scavenger hunt, claiming a lot of whiskey and tickets to Tennessee for the company's 150th anniversary. BEN JAMIESON/FOR METRO

# Haligonians score liquid gold

CONTEST

**Organizers amazed by how fast duo found hidden barrel**

**Ben Jamieson**  
For Metro | Halifax

The race for a secret stash of whiskey was over mere moments after it began, thanks to two crafty Haligonians.

"Oh my God, I love winning," Emily Pitts shouted, while standing in front of her new Jack Daniel's barrel and free tickets to Lynchburg, Tenn., for the whiskey company's 150th anniversary bash this October.

Pitts and friend Stan Selig were up early Tuesday, with no plans of heading into work. On this particular morning, they decided to play hooky in search of Tennessee whiskey wisdom.

Halifax was the latest stop in Jack Daniel's worldwide scavenger hunt. Pitts and Selig found the fifth barrel, with the first four

uncovered in Australia, Bulgaria, Czech Republic and Lynchburg. There are 150 barrels total — one for each year — hidden in 50 countries, with 10 across Canada.

The global barrel scavenger hunt is set to unfold in 90 days, with the Canadian portion finishing in Vancouver on Sept. 15.

The first clue to the barrel's location was posted online at 11:30 a.m. Tuesday. Less than 15 minutes

later, Selig came sprinting through the doors of the Lower Deck in Historic Properties, earning him not only the prize but also the glory of the fastest discovery time of the contest so far.

"I just kept putting my hand on it and saying the password 'Registered,' but no one seemed to know what I was talking

about," he told the crowd gathered around him in the basement of Lower Deck, located in the heart of downtown Halifax.

Organizers were shocked at how quickly the two solved the puzzle.

"We were expecting people to start showing up around 2 p.m. this afternoon; this is amazing how fast they got here," Jack Daniel's spokesman Bernie Yeung said later Tuesday.

However, for Selig and Pitts, there was no question they'd be victorious, as they are constantly honing their ruthless puzzle solv-

ing skills.

"We play board games together, we play dodgeball, we go to trivia and then on Sunday nights we watch Game of Thrones," said Selig, as the two shared a laugh.

It's a long way off until October and their trip down to Lynchburg, but Selig said they'll have no problem remaining friends until then.

"When we play board games, the first thing we do is make a friendship pact. At the end of the game you can hate the player but you can't hate the person, so friendship pact until October."



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# Fredericton welcomed home

NAVY

## Proposal just one of many touching moments

**Yvette d'Entremont**  
Metro | Halifax

A dockside proposal and a father meeting his newborn son were just a few of the touching moments that took place in Halifax as HMCS Fredericton returned after a six-month deployment.

Misty Carpenter was in obvious shock as her boyfriend, Sub-Lt. James Adams, walked off the ship in his white navy uniform and got down on one knee as she approached him.

He pulled out a box, showed her the ring and popped the question.

She said, "yes."

"All the boys inside have been razzing me for the last little bit because everybody has known that I planned this," Adams said in an interview with media shortly afterwards.

"Everybody made sure I was wearing my whites here today."

In an interview with Metro, Carpenter said she was overwhelmed.

"I'm shaking. My heart's fluttering. I don't know what to say. It's overwhelming. Six months away is a long time," she said, tears in her eyes as she lifted her hand to show



**Misty Carpenter and Sub-Lt. James Adams share a moment** after their dockside engagement at the homecoming of HMCS Fredericton in Halifax on Tuesday. ZANE WOODFORD/METRO

her new engagement ring.

"This has just made it so much better. It has made it even more worth it. I'm happy."

Adams said the couple, together for five and a half years, would probably go out

for dinner tonight to celebrate.

"I've been away for six months so it's a memorable moment right now," Adams said. "It's something we'll remember for the rest of our lives."



**It's something we'll remember for the rest of our lives.**

Sub-Lt. James Adams

Megan Barr was waiting for her husband to meet their newborn son, Robbie, who was born just three weeks ago.

"I also have a four-year-old daughter and it was difficult trying to balance work, her and the pregnancy," she said as the ship pulled into the jetty.

"It's just a relief to have them home."

Erica Armstrong was waiting



**Erica Armstrong holds up a sign** for her boyfriend, Lt. Matt Buxton, returning from six months at sea aboard HMCS Fredericton on Tuesday. ZANE WOODFORD/METRO

for her boyfriend, Lt. Matt Buxton. She held a bright orange sign with the number of emails they've sent since his deployment (646), the number of days that have gone by (182) and the number of items their adopted dog Sophie has broken in that time.

"There are five things our dog has broken since he's been gone. She ripped up the couch, she scratched the cof-

fee table and she broke three glasses," Armstrong laughed.

"The first thing I'm going to do when he gets off that ship is hug him. We always do 30 second hugs every day and we haven't had a 30 second hug in 182 days. I'm so excited."

The ship returned home on Tuesday following a six-month deployment to the Mediterranean and Black seas on Operation REASSURANCE.

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# Food 'critically low'

## CHARITY

### Feed Nova Scotia's stock at three days' worth, max

**Ben Jamieson**  
For Metro | Halifax

Halifax charity Feed Nova Scotia says it's "critically low" on food donations, and people often don't think of donating during the summer months.

The organization posted a plea for help on its website Tuesday, urging residents to organize food drives or pick up extra items at the grocery store to soothe the overwhelming need across the province right now.

"It's rare for us to go with such a proactive approach," Feed Nova Scotia spokesperson Karen Theriault said Tuesday, outlining the desperate need for donations. "Local food banks have been turning people away."

Feed Nova Scotia helps 147



Food bank donations. METRO FILE

agencies throughout the province, providing food and other services to communities. There is usually a three- or four-week supply of food in the Feed Nova Scotia warehouse, she said; however, at the moment that stock has shrunk to two or three days' worth.

This drastic lack of food was brought on by a multitude of factors, Theriault said.

"We came out of a winter where donations were lower than usual. We usually have

enough to tide us over until late summer, early fall," she said.

Theriault also credits the shortage to the rising cost of food, the influx of people using food banks and the reality that people tend not to think about donating during the summer.

If donations don't start pouring in over the next few days, Theriault said, Feed Nova Scotia will have to begin using money earmarked for other needs, such as transportation and fuel, to fill the void.



**We usually get 200 to 180 boxes a week; that's down to 100 to 80.**

Kevin McKay

Unfortunately, it's not just Feed Nova Scotia experiencing lower intake levels. The Parker Street Food and Furniture Bank in Halifax's north end — which gets its food directly from a food-reclamation service, rather than through Feed Nova Scotia — has also been experiencing declines in donations in the past months.

"We usually get 200 to 180 boxes a week; that's down to 100 to 80," spokesperson Kevin McKay said Tuesday. Each of those boxes would contain canned goods and other forms of non-perishable donations.

Although the situation may seem drastic, Theriault is hopeful, citing this past weekend's Canada Day ferry food drive as another success.

"Nova Scotia is generous," she said.

## HALIFAX TRANSIT

### Viola Desmond ferry to launch

Halifax Transit is inviting residents to attend Thursday's official launch ceremony for its newest harbour ferry, named in honour of Viola Desmond.

The official unveiling event for the new Viola Desmond ferry will be held Thursday from 10 to 11 a.m. at Nathan Green Square adjacent to the ferry terminal, Halifax Regional Municipality announced Tuesday in a news release.

The Viola Desmond was expected to go into service within the next few days, pending completion of all required certification, testing and sea trials.

Desmond was a successful

African Nova Scotian businesswoman from Halifax but she became famous in New Glasgow.

In November 1946, she purchased a ticket at a local movie theatre that practised segregation and unknowingly sat in the "whites only" section on the main floor.

She preferred the vantage point from that seat. Although she offered to pay extra for the main-floor ticket, she was forcibly arrested and jailed overnight. The next day she was fined for defrauding the provincial government of a one cent tax. METRO



Mayor Mike Savage, Kesa Monroe-Anderson and Dave Reage unveil the new name of the Halifax Transit Ferry, named after Viola Desmond. JEFF HARPER/METRO FILE

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# Alleged victim of murder plot testifies

## COURT

## Dawn McNeil says ex-husband was physically, verbally abusive

A Cape Breton woman who was the alleged target of a murder plot testified Tuesday to numerous incidents of physical and verbal abuse inflicted by her ex-husband.

Dawn MacNeil, 43, of Sydney, told a Supreme Court trial that Roderick Joseph Domoslai, 53, would repeatedly call her names, throw things at her and on one occasion, kicked her twice in the stomach while she was pregnant

with the couple's second child.

"I tried to be the best wife and mother I possibly could. I loved him," said MacNeil, in explaining why she kept silent about the abuse for years.

Domoslai is charged with two counts of counselling another person to commit murder and a third count of counselling the same person to commit arson. Neither the murder nor the arson occurred.

He is also charged with single counts of attempting to obstruct justice and perjury. The perjury charges allege that Domoslai falsely swore he did not breach his release conditions and that he did not commit an assault.

All of the offences were allegedly committed between 2007 and 2010 in Sydney. MacNeil said after each time Domoslai was abusive, he then become extremely apologetic and promise to change but that never happened. The couple met and married in Alberta before returning to Cape Breton in 2003.

CAPE BRETON POST/TC MEDIA



Roderick Joseph Domoslai, 53, is seen leaving a courtroom in Sydney. Domoslai faces charges that he attempted to arrange for the murder of his wife. CAPE BRETON POST

## IMMIGRATION

## Couple hire high-profile lawyer to fight deportation

The Maritimes' most famous immigration lawyer, Lee Cohen, has taken on the case of David and Kathryn Wright.

The couple, who live on Nova Scotia's South Shore, are fighting to stay in Canada after having received a removal order to the United States from the federal government.

The couple gained landed immigrant status in 1972, but had to leave after David lost his fishing gear three years in a row. They moved back to the United States for 35 years, but returned to Canada in 2012. They were immediately ordered removed, but fought the order through the Immigration and Refugee board and won on compassionate grounds. The federal government appealed, and now a new hearing is scheduled for September.

Cohen says the couple always intended to stay in Canada, and he says the law entitles them to stay in the country.

"They were permanent residents at one point and there is law in Canada that allows the immigration system to look sympathetically at their case to determine whether they have extinguished or abandoned their permanent resident status."

Cohen says they were already able to convince an adjudicator that the couple should stay on humanitarian grounds.

He says he will fight very hard for the couple.

"Kat and Dave were extremely credible witnesses, and I think that's why they were successful in the first round. I think the board member probably came into that hearing doubting that they would succeed, and then after sitting down in a full day hearing, the board member was impressed with their credibility and their integrity."

He says the board member was also impressed by the support of the residents of Vogler's Cove. About 20 showed up at the hearing, which Cohen says is very uncommon.

"Most common is to have nobody there. And I think that too was very impressive to the board member," he says.

"One of my challenges is to help the board understand the difference from Halifax, or from Montreal to Toronto. And Kat and Dave are well established in their community."

The hearing is scheduled for September.

YARMOUTH VANGUARD/TC MEDIA



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Canada is part of a research effort to explore the deep ocean. HANDOUT/CANADIAN PRESS

# Charting Earth's unknown depths

## SCIENCE

### Nova Scotia's waters part of international ocean research

Canada is joining a new mission to research Earth's most unexplored frontier: the deep ocean.

A Department of Fisheries and Oceans research vessel is part of a team assembled by the Nekton marine research foundation to explore areas off Bermuda, Nova Scotia and in the Sargasso Sea — located in the middle of the North Atlantic Ocean.

Oliver Steeds, founder of the England-based Nekton and leader of the mission, said the deep ocean represents the least known part of the planet.

"It remains a hugely unknown area for us. We have better maps of Mars and the Moon than we do

of our own seabed," said Steeds in a phone interview from London, adding that the ocean is 95 per cent unexplored.

The CCGS Hudson and about two dozen scientists will depart Halifax on July 14 for Bermuda, making stops to conduct research along the way.

In Bermuda, the ship will join forces with another research vessel and two submersible vessels with spherical hulls and virtual reality 360-degree cameras. They'll explore the deep ocean — considered to be anything below 200 metres.

Divers will be sent 1,000 metres down, and Hudson is contributing a remote operated vehicle that can descend up to 2,000 metres.

In early August, the Hudson will travel back to Canada to explore the Gully — a protected underwater canyon located roughly 200 kilometres off Nova Scotia near Sable Island known for its population of endangered

Northern bottlenose whales.

The mission will document the health, function and resilience of the deep ocean to better inform legal, political and economic decisions and improve the stewardship of the sea, said Steeds.

It hopes to map unknown areas, discover new species, uncover how the attributes of an area influence marine ecosystems, and measure human impact on the deep ocean by tracking damage to an area and levels of pollutants, ocean debris, habitat destruction, oxygen depletion and species distribution.

Steeds, who is also an investigative journalist, said Ottawa is the only government taking part in the first-ever Nekton mission, which is also being supported by businesses, philanthropists and civil leaders, among others.

The Liberal government has vowed to protect 10 per cent of Canada's coastal waters by 2020,

THE CANADIAN PRESS

## MARINE BIOLOGY

### Newfoundland fishers hook shark

Jim Mansfield thought he'd hooked bottom as he fished for cod off Newfoundland — until his handline yanked back, and hard.

"Oh my God," he said of his close encounter Saturday with the sharp-toothed maw of a two-metre porbeagle shark.

Mansfield was fishing off New Melbourne in Trinity Bay with his buddy Glenn Rideout when he hooked the shark in tough skin at the side of its mouth. A few great tugs from below led to a 20-minute skirmish as the two men worked to free it. They were in a small,

open fishing boat with a motor. Their unexpected visitor had clamped on to an unbaited single red hook.

The men and another man in a nearby boat managed to take a few pictures before they pulled the hook free and the shark swam off, unbloodied.

Porbeagles are related to larger great whites and can reach up to about four metres in length and 135 kilograms. The Nature Canada website describes them as curious creatures and opportunistic hunters who will chase hooked fish as they're drawn to the

surface.

Almost as excited as Mansfield was marine biologist Carolyn Miri of Fisheries and Oceans Canada in St. John's.

The department doesn't have funding for a delegated inshore survey, but she asks anyone who sees or hooks sharks to contact her at the Northwest Atlantic Fisheries Centre.

As for Mansfield and his friend, he said they finished their time on the water Saturday with a successful cod catch five "nice fish" each.

THE CANADIAN PRESS

# NOTICE

## Herring Cove, Halifax County

Take Notice that on June 15, 2016 the following Certificate of Purchase No. 109102328 was registered at the land registry:

Certificate of Purchase

This certifies that on May 30, 2016 the land located on Gerard Island in Spry Bay, Halifax County and more particularly described in this Certificate vested absolutely in Her Majesty the Queen in right of the Province of Nova Scotia, pursuant to Halifax Regional Municipality Acts of 2008, chapter 39, Part VI, section 149. Legal description, assessment account number, property identification number (PID) and municipal tax account number for the parcel are shown below.

The land described in this Certificate will cease to vest in Her Majesty if

- on application made before November 30, 2018 a person proves to the satisfaction of the Minister of Natural Resources or a judge of the Supreme Court of Nova Scotia on appeal from the Minister of Natural Resources that the person owns the land; and
- the person pays the taxes, interest and allowance for expenses paid by the Minister of Natural Resources.

PID: 40790966

Assessment Account: 08994927

Municipal Tax Account: 08994927

Legal Description:

ALL that certain lot, piece or parcel of land situate, lying and being on Gerard Island in Spry Bay, Halifax County, Nova Scotia, said parcel being shown as Land Designated as Owner Unknown on a plan entitled "Compiled Plan Showing PID 40790966 Land Designated as Owner Unknown" prepared by Whyte, McElmon & Associates dated December 22, 2015 and signed by David J. Whyte, NSLS, said parcel being more particularly described as follows:

BEGINNING on the shore of Spry Bay at the northeastern corner of land registered to Nova Scotia Nature Trust, being PID No. 40028151;

THENCE easterly and northerly along the ordinary high water mark of Spry Bay to the southwestern corner of land conveyed to Wild Coast Conservation by deed registered as document No. 100462507;

THENCE northeasterly along the southeastern boundary of said land conveyed to Wild Coast Conservation to the eastern corner thereof;

THENCE northwesterly along the northeastern boundary of said land conveyed to Wild Coast Conservation to the shore of Spry Bay;

THENCE easterly along the ordinary high water mark of Spry Bay to the northwestern corner of Lot B, land conveyed to Jack Barry Holley, Wilda Jean Holley, Mark Johnathan Holley and Sherry Lee Holley by deed registered as document No. 86330611;

THENCE easterly along a southern boundary of said Lot B to the northern corner of Lot A, land conveyed to Jack Barry Holley, Wilda Jean Holley, Mark Johnathan Holley and Sherry Lee Holley by deed registered as document No. 86330611;

THENCE southeasterly along the southwestern boundary of said Lot A to the western corner of land registered to Colin Douglas MacKenzie and Deborah A. MacKenzie by deed registered at Book 7369 Page 515;

THENCE southeasterly along the southwestern boundary of said MacKenzie lands, seven hundred fifty-four decimal three eight zero (754.380) meters to a southwestern corner thereof;

THENCE southerly along the western boundary of said MacKenzie lands, four hundred two decimal three three six (402.336) meters to the shore of The Bawleen, so called;

THENCE generally northwesterly and westerly along the ordinary high water mark of The Bawleen to the southeastern corner of land registered to Nova Scotia Nature Trust, being PID No. 40028151 aforesaid;

THENCE northeasterly along the southeastern boundary of said Nova Scotia Nature Trust lands, eight hundred fifty (850) meters more or less to the POINT OF BEGINNING.

CONTAINING an area of 94 hectares, more or less.

SAVING AND EXCEPTING that portion of a 20.117 meter wide un-maintained public highway which crosses the herein before described parcel as shown on the aforementioned plan.

ALL DIRECTIONS in the foregoing description being based on Grid North.

Order in Council Number 1999-498 dated October 13, 1999 authorized the Minister of Natural Resources to acquire this land and execute this Certificate.

Dated at Halifax, Nova Scotia this 8th day of June, 2016.

Gretchen Pohkamp  
Executive Director  
Land Services Branch  
Department of Natural Resources





## FORT McMURRAY

## Wildfire under control



**Jeremy Simes**  
For Metro | Calgary

The Fort McMurray Wildfire is now considered to be under control, according to the province's wildfire officials.

On Tuesday, Alberta Wildfire thanked firefighters and partners for tackling a massive fire that forced more than 80,000 to flee Fort McMurray and neighbouring communities in early May.

"It's a great day," said Laura Stewart, wildfire information officer with Alberta Agriculture and Forestry. "Our firefighters have been working hard for a long time."

Many Fort McMurray residents have since moved back into the city to rebuild their lives, some finding their homes destroyed while others received little damage.

Officials have said the wildfire destroyed about 10 per cent of the town, turning the communities of Beacon Hill, Waterways and Abasand into rubble.

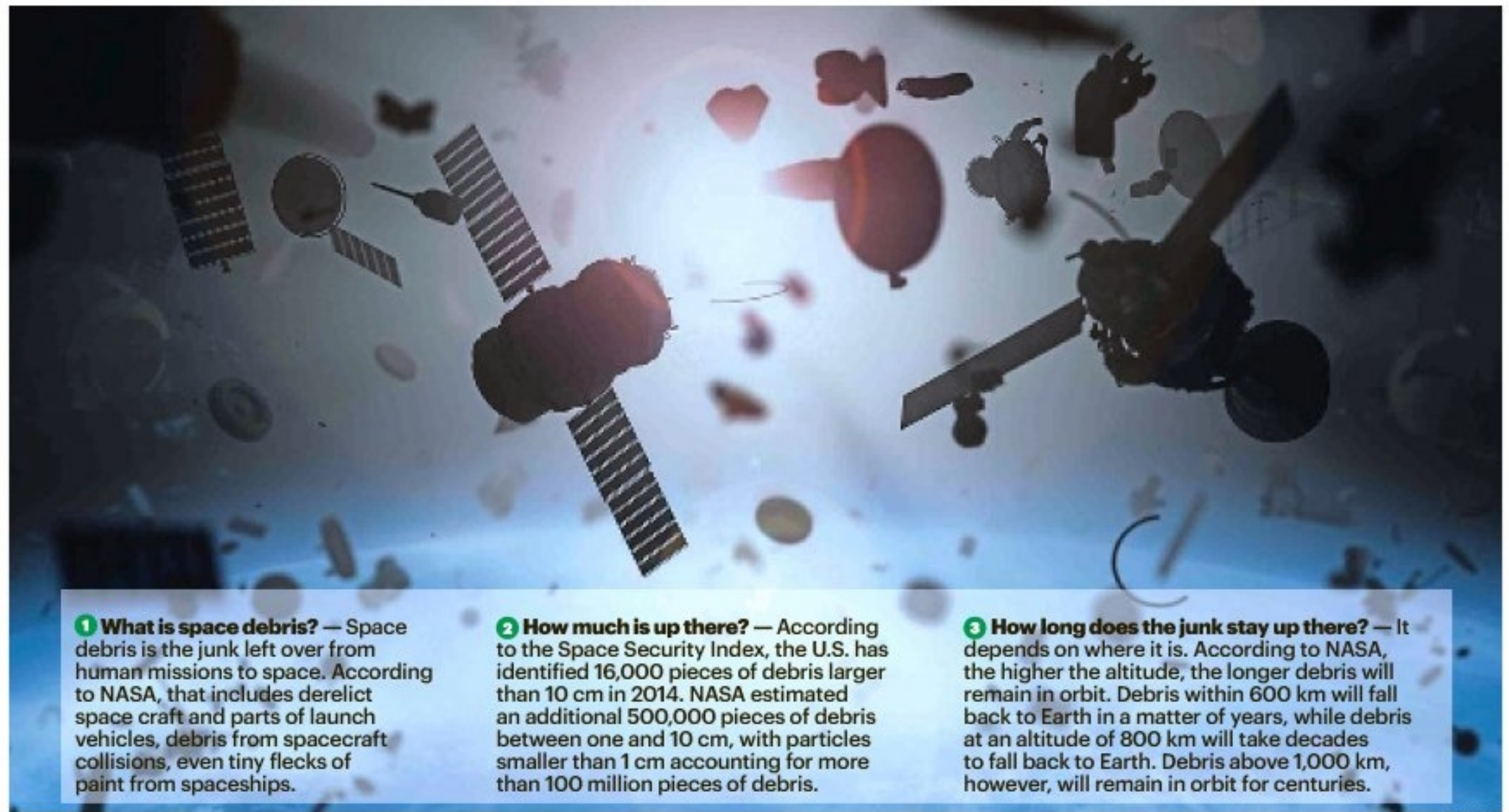
Stewart said firefighters have fought a lengthy battle, as it's been almost two months since the blaze was initially detected on May 1.

"That's meant a lot of hard work and support from our national partners," Stewart said. "It's something they've been working hard towards."



A giant fireball south of Fort McMurray on May 7.

THE CANADIAN PRESS



ISTOCK

**1 What is space debris?** — Space debris is the junk left over from human missions to space. According to NASA, that includes derelict space craft and parts of launch vehicles, debris from spacecraft collisions, even tiny flecks of paint from spaceships.

**2 How much is up there?** — According to the Space Security Index, the U.S. has identified 16,000 pieces of debris larger than 10 cm in 2014. NASA estimated an additional 500,000 pieces of debris between one and 10 cm, with particles smaller than 1 cm accounting for more than 100 million pieces of debris.

**3 How long does the junk stay up there?** — It depends on where it is. According to NASA, the higher the altitude, the longer debris will remain in orbit. Debris within 600 km will fall back to Earth in a matter of years, while debris at an altitude of 800 km will take decades to fall back to Earth. Debris above 1,000 km, however, will remain in orbit for centuries.

# The hunk of junk in space

## SECURITY

## Weaponization of space tech is a concern for many

Canadian officials have "serious security concerns" over the increased presence of countries and private companies in the Earth's orbit, documents obtained by Torstar show.

Global Affairs Minister Stéphane Dion was warned in November that satellites enabling everything from telecommunications to national defence are facing a range of threats — from anti-satellite weaponry to pieces of junk floating around the planet.

"The viability of the space

infrastructure is increasingly threatened by potential hostile acts from military or strategic opponents, space debris and space weather," state the documents, obtained under access to information law and stamped "secret."

"The challenge of protecting space infrastructure from both natural and man-made threats is compounded by the rapid expansion of both the number of space-faring nations and the uses to which space assets are put."

Department officials note that Canada is "highly dependent" on the network of satellites orbiting Earth for communications and surveillance, weather forecasting, search and rescue, and even urban planning.

The documents note during the Cold War, both the United States and the U.S.S.R. tested



The private sector is increasingly commercializing outer space and performing activities traditionally undertaken by governments.

Documents obtained by Torstar

anti-satellite weaponry, with varying degrees of success. More recently, China in 2007 and the U.S. in 2008 achieved the capability to destroy satellites in what is called, low Earth orbit. According to NASA, low Earth orbit is 180 km to 2,000 km above the Earth's surface.

But it's not just nation states that are increasingly active in outer space. New hopes for commercializing space travel have emerged in recent years, including PayPal founder Elon Musk's SpaceX company and Amazon founder Jeff Bezos' Blue Origin.

According to the documents, Canadian officials are concerned about the "dual-use" nature of space technology — meaning tech that can be repurposed from its original intention to perform other, potentially dangerous functions.

Torstar requested an interview with Global Affairs for this article, but no one was available on Tuesday.

Paul Meyer, a fellow at Simon Fraser University who served in Canada's foreign service for more than three decades, said there appears to be a "revived

interest" in the federal government to pursue space security issues.

"Canada used to be quite involved in issues relating to outer space," Meyer said in an interview Tuesday.

"More recently, (there's been) advocacy, active advocacy of the non-weaponization of outer space. This is a kind of key concept: yes, there are military uses in outer space, in terms of satellites that have military functions, but up to now it hasn't become a weaponized environment."

Meyer said when states talk about the "weaponization" of outer space, they're usually talking about weapons that can target other countries' satellites — not, say, some kind of superlaser that could be trained on planetary targets.

TORSTAR NEWS SERVICE

## HEALTH

## Families with epileptic kids have marijuana treatment seized at border



Alex Repetski gives his daughter Gwenevere oil-based medical marijuana to help control her seizures. THE CANADIAN PRESS

Parents of children suffering from epilepsy say a recent move by Canadian border agents to seize shipments of medical marijuana oil from an American company could have a catastrophic effect on their children's health.

The families have sent letters to the federal government pleading for the border to allow shipments of Charlotte's Web, a type of marijuana oil that has been touted by some researchers as an effective therapy for hard-to-

treat forms of epilepsy.

Charlotte's Web — named after a Colorado girl with epilepsy — has very low levels of the psychoactive ingredient tetrahydrocannabinol, but is high in cannabidiol, or CBD.

The families say they have been purchasing the oil from CW Hemp, a company based in Colorado, where marijuana was legalized in 2014. But the company notified the families late last month that it had stopped ac-

cepting Canadian orders after "a drastic" increase in the number of shipments seized at the border.

Canada Border Services Agency said it is simply enforcing the law because marijuana is still illegal in Canada.

Alex Repetski uses Charlotte's Web as part of the marijuana oil he concocts at home for his four-year-old daughter, Gwen, who lives with epilepsy that has left her developmentally delayed. He claims the treatment has allowed

his daughter to live seizure free for 20 months, and has helped her learn to walk and talk.

The families have asked Health Canada for an exemption to allow shipments across the border.

Sylvia Krzysztyn, a spokeswoman with Health Canada, said families can either turn to marijuana oil made in Canada or can apply for an exemption under the Controlled Drugs and Substances Act. THE CANADIAN PRESS



# U of T student still detained

BANGLADESH

## Tahmid Hasib Khan being questioned by investigators

A student from the University of Toronto is still in police custody after surviving a hostage crisis and terrorist attack at a café in Bangladesh last weekend, his cousin told Torstar.

Tahmid Hasib Khan, 22, has been held at a police station in the capital Dhaka since he was detained for questioning more than 72 hours ago, when security forces stormed the Holey Artisan Bakery to end an 11-hour hostage crisis, Khan's cousin Rashed Ishtahim said in an interview Tuesday.

While Khan has spoken with his parents by phone, no family has been allowed to see him, Ishtahim said. The family is calling on Ottawa to help clear Khan, a Canadian permanent resident, of any involvement in the attack in which 22 people were killed, 18 of them foreign nationals.

Daesh claimed responsibility for the attack and its media branch published grotesque photographs of attack victims, according to the monitoring group, SITE. The Bangladeshi government, however, has blamed Jamaat-ul-Mujahideen, a domestic Islamist group. The home minister insisted Daesh has no presence in Bangladesh

and could not have guided the attack.

"After such incidents usually people are taken to the hospital, but this wasn't the case," said Ishtahim, adding that his family does not know why Khan has been detained so long.

"I think the police might think he was a threat because he was of the same age," he said. "We are trying our best to get him out."

News reports from Bangladesh and across the globe named Khan as one of two hostages still being questioned after the café raid. Britain's Telegraph newspaper reported Tuesday that Khan was being detained along with British civil engineer Abul Hasanat Reza Karim. A police chief quoted in the report would not comment on the interrogations.

Canada's Global Affairs spokesperson Diana Khaddaj declined to answer questions about Khan on Tuesday. In an emailed statement, she said consular officials in Dhaka are monitoring the situation but have "no reports of a Canadian citizen affected or detained following the attack."

Ishtahim said Khan arrived in Dhaka from Canada last Friday, having just completed his third year in life sciences at the University of Toronto. The young man was visiting his family in the city where he grew up, to celebrate the Muslim festival of Eid before going to Nepal to complete an internship with UNICEF, his cousin said.

TORSTAR NEWS SERVICE



Tahmid Hasib Khan FACEBOOK.COM

### RAMADAN AROUND THE WORLD



1 Dubai, UAE — A butcher prepares meat for customers ahead of Eid celebrations on Tuesday. GETTY IMAGES



2 Srinagar, Indian-controlled Kashmir — A baker walks with a tray of Eid pastries for sale. THE ASSOCIATED PRESS



3 Yogyakarta, Indonesia — Children parade on streets to celebrate Eid Al-Fitr marking the end of Ramadan. GETTY IMAGES

### UNITED KINGDOM

## Tories start choosing a leader

The race to succeed Conservative Prime Minister David Cameron intensified Tuesday as Britain grappled with growing signs of economic strain after the vote to leave the European Union.

With the British currency plunging to its lowest point in three decades, Home Secretary Theresa May scored a substantial victory in the first round of voting to determine who will follow Cameron as party leader and prime minister.

She garnered just over half the votes cast, with 165 Conservative Party members of Parliament backing her. Her strong showing does not guarantee she will eventually reside at 10 Downing Street, however, as lawmakers will narrow the field to two candidates and then put the matter to a vote before the entire party membership.

The victor, to be announced Sept. 9, will be charged with becoming prime minister and

leading what are expected to be tense negotiations to extricate Britain from the 28-nation EU bloc.

May, who backed remaining in the EU, said she was pleased by the result in the vote.

"There is a big job before us: To unite our party and the country, to negotiate the best possible deal as we leave the EU, and to make Britain work for everyone," said May.

THE ASSOCIATED PRESS

### IN BRIEF

#### No charges for Clinton

The FBI lifted a major legal threat to Hillary Clinton's campaign Tuesday, recommending no criminal charges for her handling of classified material in a private email account. But Director James Comey's criticism of her "extremely careless" behaviour revitalized Republican attacks and guaranteed the issue will continue to dog her. THE ASSOCIATED PRESS



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# Firms look for alternatives

## MAIL STOPPAGE

### Canada Post rivals plan for boom as lockout looms

Many Canadian businesses that rely on mail orders have been scrambling for weeks to prepare for a potential delivery shutdown at Canada Post.

The Crown corporation said Tuesday it had issued a 72-hour lockout notice to the Canadian Union of Postal Workers (CUPW), raising the spectre of a work stoppage by Friday.

The parcel delivery business has been a major contributor to Canada Post's revenues in the past few years, with volumes growing by 10 per cent in 2015 year-over-year.

Many of those deliveries are from e-commerce businesses that have been forced to make alternative plans to deliver their goods to customers. They're also worried about the long-term costs of doing so if a work stoppage drags on.

"I think I've definitely seen a few more grey hairs this week



A postal worker delivers mail in Ottawa on Tuesday as a labour dispute between the Canadian Union of Postal Workers and Canada Post continues. JUSTIN TANG/THE CANADIAN PRESS

than normal," said Suneal Pabari, co-founder of coffee subscription service The Roaster's Pack, which is "incredibly dependent" on Canada Post.

The company has been trying for weeks to work out a plan with alternative shippers that won't kill its profitability.

Pabari said the rates they've been quoted are 50 to 100 per cent more than what they were paying with Canada Post.

Erin Maynes, CEO of food box delivery service FoodiePages.ca, is similarly worried about the decision to switch to more expensive couriers — especially

for those orders going to more remote areas where Canada Post offers the best rates.

Canopy Growth Corp., the company that owns licensed medical marijuana producers Tweed and Bedrocan, has implemented a contingency plan so that patients can continue to

**"I've definitely seen a few more grey hairs this week."**

Suneal Pabari

get their prescriptions filled. Health Canada's rules state that medical marijuana can only be delivered through the mail, so many companies are dependent on Canada Post.

Meanwhile, competitor delivery services are planning for a boom in business.

UPS said Tuesday it has already seen an increase in business and that it is ready to take on even more.

At Good Foot Delivery, a Greater Toronto Area public transit-based service, a potential work stoppage is a mixed blessing, said operations coordinator Courtney Ayukawa. While it could mean an increase in delivery time because the couriers rely on Canada Post for delivery legs outside the Toronto area, she is also expecting an increase in business.

TORSTAR NEWS SERVICE

## IN BRIEF

### Ashley Madison reboots under new leadership

Toronto-based Avid Life Media which owns Ashley Madison — the dating service for people looking for partners outside their marriage — says it has a new chief executive and a new president and new measures in place against privacy breaches.

Avid says it has hired Rob Segal as CEO and James Millership as president, and has enhanced security and monitoring as well as new payment options.

THE CANADIAN PRESS

### iPhone users urged to become organ donors

Apple wants to encourage U.S.-based iPhone owners to register as organ donors through a software update this fall that will add a signup button to the health information app. CEO Tim Cook says a longstanding donor shortage problem hit home when Apple co-founder Steve Jobs endured an "excruciating" wait for a liver transplant in 2009. THE ASSOCIATED PRESS

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## ROSEMARY WESTWOOD ON QUESTIONS NO ONE'S ASKING MOMS

### Obscured beneath predictable, vapid chatter about baby weight are questions I would desperately like to ask new mothers

There's a certain societal assumption that women with babies aren't very interesting.

Useful, perhaps, in a zookeeper kind of way. But not so much intellectually stimulating. Having revealed themselves to be the owner of a working uterus, they tend to be thought of only as a uterus, or perhaps a being transformed by virtue of her uterus into a slave finely tuned to the rhythms of eating, sleeping and soiling.

Unless, of course, they're a celebrity.

In that case, they become very interesting on one particular point: How did she lose the baby weight?!!

I will admit that watching a wealthy woman yo-yo in size from spherical to cylindrical does raise the question. But it's very, very, very easily answered. Like anybody who loses any weight, ever, women lose baby weight via a combination of diet, exercise and God-like force of will. (I guess some might get surgery. Probably some do.)

But it's actually always the exact same story, with a few rotating details that obscure the likely use of starvation. And as a slice of self-help advice, it's a story completely devoid of usefulness to most women who are too busy working and child-rearing to work out eight hours a day, and too poor to pay for a personal chef and personal trainer/baby-weight-loss enforcer, plus a Kim K-endorsed corset.

**What is glorious? What is brutal? Tell me every detail that blows away the large, grey fog of 'it's all worth it.'**

There's nothing wrong with wanting to fit your wardrobe from nine months ago, obviously, especially if it's full of clothes you actually like. Having never given over my body to the growth and needs of an alien being, I clearly can't relate to the havoc that experience wreaks on far more than waistlines.

my Twitter feed not far behind a CBC News tweet about the model Molly Sims and — you guessed it — her baby weight.

Thorpe's story doesn't mention calorie counting. It's far more devastating than bootcamp regimes. It reads like a kind of wail from a woman who both loves her children and feels

Tell me every detail that blows away the large, grey fog of "it's all worth it" and "hardest job ever" and "you don't need sleep" and "best part of your life" — the platitudes and cheap lines that might feel real and right to parents who use them, but offer no insight, no form, no shape or colour, no edges hard or soft.



**INQUIRING MINDS WANT TO KNOW** Please, please, Kim, tell us how you managed to lose the all-important baby weight. THE ASSOCIATED PRESS

But headlining new-mom stories with baby-weight woes is a simple, retro-grade way to suggest the only priority for new mothers is to be damn hot. As if they could assert their old independence by looking as they once did, and so we never need ask more about the earthquake that is parenthood.

Worse is this: Obscured beneath that inane, predictable, vapid chatter are myriad questions I would desperately like to ask new mothers.

Enter "Mother, Writer, Monster, Maid" by Rufi Thorpe. The essay, which was published by Vela, an online magazine of writing by women tumbled down

imprisoned by them.

"There is a deep, almost suffocating solitude to my days, and yet there is also the California ocean, the flowers, the breeze. It is lovely; it is intolerable; it is both," Thorpe writes.

"I have tried to say it to my husband; I have tried to say, 'I hate my life.' I have tried to say, 'I need help.' I have tried to explain why I am finding being a mother so difficult, but in the face of his questions, my explanations collapse," she goes on. As a writer who's hoping to one day have children, and who's utterly terrified of what that will mean, this is what I want to hear from mothers. What is glorious? What is brutal?

In her essay, Thorpe notes a series of recent articles "that argue that there is an inherent conflict between motherhood and artistic work," an argument at which many creative mothers may or may not bristle. An argument that seems hyperbolic, and exactly the kind of dialogue I am seeking.

Thorpe's essay has an uplifting ending, but that's almost beside the point. Indelicate questions have been asked, by one mother, of herself, and there's nothing self-help about it.

It's only one view, but it's more illuminating than decades of tabloid talk. A single window into motherhood, sans dress size.



## Police do belong at Pride, just not too many



**Emma Teitel**  
For Metro

At Toronto's LGBTQ pride parade Sunday, Black Lives Matter staged a 30-minute parade-halting protest, marked by enormous plumes of multi-coloured smoke — the result of harmless smoke bombs.

If you were standing anywhere close to the demonstration, it was undeniably beautiful.

But if, like a close friend of mine, you were a few hundred yards from the sit-in, anxiously trying to determine what just happened, you might not have been impressed — you might have been afraid.

You might have thought, as my friend did, with the horror of the Orlando LGBTQ nightclub shooting fresh in his mind, "Why did the parade stop? Is something wrong?"

So it transpired that BLM Toronto, a group that advocates fiercely for "safe spaces," made at least one queer person in their midst feel momentarily, very unsafe.

Of course, instilling fear was not BLM's intention, but the confusion isn't meaningless. It's relevant to a larger question in the aftermath of Gay Pride and BLM Toronto's controversial demand that police officers cease to march in the parade, out of respect to LGBTQ people of colour who feel threatened by their presence.

How should we prioritize the safety of an exceedingly diverse group like the LGBTQ community? And what happens when one community's idea of safety isn't another's?

Let's say, for example, that you're an older white gay guy who can remember a time when police raided bath-

houses, but who now, seeing a succession of smiling modern-day cops march in the parade, is buoyed by a newfound sense of pride and, yes, safety.

Should you suddenly regard your positive feelings toward the police as suspect because your transgender peers of colour don't share them?

BLM Toronto would say yes. I say yes — and no.

Yes, because Pride is and should stay political. It should strive to eradicate injustice. Its work isn't done.

But no, because it is also a celebration of gains won. And today's struggles should not preclude the celebration of yesterday's strides: the public embrace of the LGBTQ community by police.

It's important for kids watching the parade to see that there are queer cops and firefighters marching proud.

But the rage expressed by BLM Toronto is 100 per cent legitimate. Police discrimination disproportionately affects LGBTQ people of colour. Their fear of law enforcement is real and reasonable.

So I'd like to propose a compromise, the kind not yet offered publicly by Pride organizers themselves.

Toronto Pride should not altogether eliminate police presence from the parade. It should significantly reduce it. There are, flat out, too many police officers marching in the parade. (A friend even turned to me during an especially long procession of men and women in blue and said, "Is this a cop parade?")

This is a compromise that might make queer people of colour feel safer — and everyone feel less bored.

**Emma Teitel** is a national columnist for the Toronto Star

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# Can you be kinda-sorta vegan?

## LIFESTYLE

### A look at plant-based diets leads to a lesson in labels

Genna Buck  
Metro Canada



People come into Kupfert & Kim, a vegan take-out joint with six locations around Toronto, for all sorts of reasons.

Some are looking for a substantial lunch that's healthier than typical fast-food fare, while others are seeking lactose- and gluten-free options, said staff member Jesus Rodriguez. But most have one thing in common, he added: They don't call themselves vegan.

All the items on the restaurant's menu are free of meat, fish and animal by-products like milk, butter and eggs — what's conventionally understood to be vegan.

But almost everyone who was at the busy downtown location on Tuesday at lunchtime said they didn't identify with any dietary label at all. Just two were vegetarians.

The customers were "vegan" that day only incidentally or occasionally. Their reasons for choosing an animal-free lunch or snack ranged from, "It's really fresh and really good," as one woman grabbing a blueberry smoothie said, to, in the case of customer Jeff McLeod, simply because he really likes the coffee.

## DEFINITIONS

**Vegan** Someone who abstains from foods made from animals or animal by-products like dairy, eggs and honey. Many vegans say veganism extends beyond diet to a lifestyle and philosophy that aims to minimize animal suffering in every way.

**Plant-based diet** Broadly, this could refer to anyone who mostly eats foods that come from plants. But more recently, "plant-based" has come to refer to people who follow a diet identical to what vegans eat, but who don't choose to adopt the broader philosophy of veganism.

**Fruitarian** An extreme vegan who follows a high-carbohydrate, low-fat, low-protein diet consisting almost entirely of fruit. This is discouraged by doctors and dietitians.



Staff member Jesus Rodriguez shows off some vegan fare available at Toronto's Kupfert & Kim. LIZ BEDDALL/METRO

In the eyes of many self-identified vegans, there's absolutely no such thing as an occasional vegan.

"An occasional vegan ... that's like ... let me think ... that's like saying you're an occasional Buddhist," said Toronto-based life coach Kimberly Carroll, who has been vegan for 10 years. "Veganism is a philosophy. It's about eliminating harm to animals as much as possible. It goes beyond diet."

Carroll doesn't wear silk (from caterpillars), fur, wool or leather, and doesn't go anywhere animals are used for entertainment,



like zoos or aquariums.

Within the vegan community, the term "plant-based diet" is more commonly used to describe the choice to abstain from all animal products, but not identify with the vegan lifestyle, Carroll explained. (Confusingly, many



### I did stomp on a centipede once. I felt bad about it.

Kimberly Carroll has been a vegan for 10 years, and she aims to reduce animal suffering in every aspect of her life

people who eat animal products once in a while, but are mostly vegan or vegetarian, also say they follow a "plant-based diet.")

The precise definitions of all these terms, it turns out, are hotly contested.

Oakville, Ont. food writer

Angela Liddon learned that the hard way last year.

She cooks vegan meals for her family and features them her site, Oh She Glows. But her husband isn't a vegan, and, she explained in a blog post, her infant daughter Adriana won't necessarily be either.

In response to the reader question, "Will you raise your daughter a vegan?" she wrote, "I want her to be able to try any food that she wants to, including the food her dad and family members eat," whether it's vegan or animal-based.

What followed was a deluge

of "hateful and threatening" comments accusing her of being not vegan enough and not doing for the vegan movement. Liddon wrote in a follow-up post.

The experience scared her off the word "vegan" altogether.

"I will keep on doing my thing, but without a personal label on my diet or lifestyle," she wrote, adding she plans to continue sharing the same kinds of "crowd-pleasing, plant-based recipes."

Judgemental attitudes, like what Liddon experienced, are troubling to Sandra Veljovic, incoming president of the Veg Club at the University of Toronto. Though she's a strict vegan herself, Veljovic said being militant about labels "makes us seem a lot less accessible and perpetuates the stereotype of vegans being super extreme."

No one is 100 per cent successful at being vegan, Carroll said, because it's nigh on impossible to go through life without causing any animal suffering at all.

Case in point: "I did stomp on a centipede once," she confessed. "I felt bad about it."

Although she is extremely conscientious personally, Carroll wants as many people as possible to identify with and feel welcome to join the vegan and vegetarian movements, even if their adherence is not perfectly pure.

"The more folks identify as vegans, the better for vegans," she said, because it will expand the vegan options available and reduce the amount of animal products used. Ultimately she said, "I want animals to not suffer."

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## CORRECTION NOTICE

The **Steak and Stein** ad that ran on **Page 2** in the **July 5<sup>th</sup>** edition of **Metro Halifax** was **incorrect**.

Metro Halifax regrets this error and any inconvenience this has caused.



# After the fast ... it's time for the feast

## RECIPE

### End of Ramadan opens the door to the dessert delights of Eid

As Ramadan comes to an end, Muslims are celebrating Eid al-Fitar, a day of feasting following a month of fasts. As with any global holiday, the treats vary from place to place. The Somalis have buskud (short-bread); Pakistanis make sheer khurma (vermicelli cooked in sweet milk); and the Turkish and Bosnians bake baklava.

Here's a glimpse into some other home-made Eid treats Canadians are digging into this week.

#### Trinidadian Sawine (Makes 8 to 10 servings)

Muslims in Trinidad and Tobago make up just about 10 per cent of the population, but Eid is a public holiday and families take the day off to don new clothes, visit the mosque (Trinidad has 85 and Tobago has two) and cook up a storm, says Lazina Aziz, 77, who was born in Trinidad before coming to Canada 20 years ago. She makes a sweet puddinglike dessert called sawine (pronounced "sa-wine"). Thin vermicelli noodles are toasted to a golden brown in butter, then cooked in sweetened milk flavoured with spices, nuts, dried fruit and other toppings.

#### Ingredients:

- 2 tbsp (30 mL) unsalted butter
- 1 1/2 cups (375 mL) cut



**Sawine** (left) is a Trinidadian dessert of buttery toasted vermicelli cooked in sweet milk then topped with nuts and dried fruit while **Kahk** is a very old dessert eaten by Egyptians during Eid. KARON LIU/TORSTAR NEWS SERVICE

#### vermicelli

- 1 cinnamon stick or 1 tsp (5 mL) ground cinnamon
- 6 whole green cardamom pods
- 2 cups (500 mL) each: boiling water, evaporated milk
- 1/2 cup (125 mL) sweetened condensed milk
- Raisins, for garnish
- Chopped toasted almonds, for garnish

#### Directions:

**1.** In a large saucepan, melt butter over medium heat. Add vermicelli, cinnamon and cardamom. Stir constantly, covering noodles in butter and toasting until fragrant, about

2 to 3 minutes. Remove cinnamon stick and cardamom pods.

**2.** Add boiling water; continue to cook on medium until noodles are tender and most of the water has evaporated, about 10 to 15 minutes.

**3.** Reduce heat to low. Stir in evaporated and condensed milks until warm.

**4.** Divide into bowls. Top with raisins and chopped almonds. Serve immediately.

#### Egyptian Kahk (Makes 36 cookies)

In Egypt, the essential dessert for Eid is kahk (pronounced "ka-hk" with a strong emphasis on the H), a crumbly cookie stuffed with a sweet paste and covered in powdered sugar. "My grandma would spend hours kneading the dough, but this was before the days of the KitchenAid," says Nora Hindy, 33, a teacher.

#### Ingredients (for the walnut filling):

- 1/2 cup (125 mL) each: water, all-purpose flour, honey, toasted sesame seeds
- 3/4 cup (180 mL) crushed and toasted walnuts

- 1 tbsp (15 mL) rosewater, optional

#### Directions:

**1.** In a small pan over very low heat, whisk water, flour and honey together until well incorporated and smooth. Fold in sesame seeds and walnuts; stir in rosewater if using. Remove from heat.

**2.** Let mixture cool to room temperature to form a paste.

#### Ingredients (for the dough):

- 4 cups (1 L) all-purpose flour
- 1 1/4 cups (310 mL) ghee or clarified butter
- 2 tsp (10 mL) powdered

sugar, plus more for dusting cookies

- 1 tbsp (15 mL) ground mahaleb
- 1/2 tsp (2 mL) each: ground aniseed, ground fennel seed
- 1 1/2 tbsp (2 packets) instant dry active yeast
- 1/2 cup (125 mL) lukewarm water
- Walnut filling

#### Directions:

**1.** Preheat oven to 375F (190C). In a stand mixer with hook attachment, mix flour and ghee on low speed until dough is evenly mixed but still crumbly.

**2.** In the meantime, in a mixing bowl stir together sugar, mahaleb, aniseed, fennel seed and yeast. Add water and mix until yeast starts to bubble. Cover with plastic wrap and let sit for 10 minutes, or until mixture doubles in size.

**3.** Add yeast mixture to flour mixture. Mix dough on low speed until just combined into a solid ball. Add more water if dough is too dry.

**4.** Divide dough into tablespoon-sized balls. Take dough ball and flatten into a disc shape with hand. Scoop 1 teaspoon of walnut filling into centre of flattened dough ball. Roll dough back into a ball. Repeat with remaining dough.

**5.** Place dough on lined baking sheet and bake for 20 minutes, or until cookies are slightly golden brown.

**6.** Let cool on a rack; dust generously with powdered sugar. TORSTAR NEWS SERVICE

## PIZZA

### So much better than takeout

Simply brush a store-bought, thin pizza crust with olive oil and lay a single layer of sliced heirlooms, added stripes of prosciutto, minced garlic, basil leaves, crumbled feta, salt and pepper. It's filling, light-tasting and ready in 20 minutes from start to finish.

#### Heirloom Tomato Pizza Makes one pizza

#### Ingredients:

- 1 store-bought, ready-made thin pizza crust
- Olive oil
- 1 garlic clove
- 1 to 2 medium heirloom tomatoes, thinly sliced
- 3 to 4 slices prosciutto
- Freshly torn basil leaves
- 1 tbsp crumbled feta
- Salt and pepper seasoning, to taste



**Add slices of heirloom tomatoes to your pizza for a summery, light pie tonight.** KARON LIU/TORONTO STAR

#### Directions:

**1.** Preheat oven to 425 F (220 C) or temperature indicated on pizza instructions.

**2.** Rub garlic clove all over pizza crust. Lightly brush crust with olive oil. Mince garlic clove and sprinkle evenly over crust.

**3.** Arrange sliced tomatoes in

a single layer around crust. Top with prosciutto, basil and feta. Brush more oil. Season with salt and pepper.

**4.** Place pizza directly on the middle rack of the oven; bake 10 to 12 minutes, or until prosciutto and tomato edges begin to crisp and brown. Remove from oven and serve. TORSTAR NEWS SERVICE



ILLUMINATION PRESENTS

THE SECRET LIFE OF

**PETS**

**JULY 8**

IN THEATRES AND REAL D 3D





## Frugal Focus rewards steady drivers



### REVIEW

### Fun to drive in medium to slow traffic



**Sami Haj-Assaad**  
AutoGuide.com

Ford is sticking all kinds of EcoBoost engines into its compact cars, but this one isn't the hairy, rally-inspired Focus RS you've heard all about, and it's certainly not the tail-happy Focus ST that lights up the track.

While those two turbo-charged versions of the Focus are all about speed, the one I'm testing is the polar opposite. With its force-fed three-cylinder engine, you need to take it slow and steady. And if you drive this car slow and steady, it will reward the driver with extra miles per gallon.

Ford and the EPA suggest that the best the 1.0-litre EcoBoost can do in the Focus is a whopping 35 mpg. It might not be as exciting as what the Focus RS and Focus ST can do, but for some people, this frugality can be a thrill in its own right.

First seen in the U.S. on the Fiesta, the engine makes 123 hp and 125 lb-ft of torque and is paired to a six-speed transmission, either an automatic or a manual. Manual models are capable of getting 35 mpg combined, while automatics earn just 32 mpg combined. Automatic start-stop helps improve things in traffic. Canadians get

both the sedan and hatchback body styles.

The car feels pretty responsive in the mid-range, making it surprisingly fun to drive in slow to medium-speed traffic. Ask much more of it, say, passing on the highway, and you're going to be wanting more power and for it to arrive much sooner. And while you can jump through traffic lights with a bit of gusto, doing so comes at the cost of fuel economy. This 1.0-litre EcoBoost needs you to take things a bit slowly. Simply put, the power plant is only suitable for staying right at the speed limit and driving gingerly and smoothly.

Despite the requirement to be driven sedately, the car is quite fun and responsive to drive. The steering feels tight and well weighted, giving a confident feel to the driver.

The interior and exterior haven't been radically changed this year. The car avoids looking too stale thanks to a new bumper and LED daytime running lights. The interior has also been updated, with Ford offering the new Sync 3 infotainment system and USB ports that are said to help charge your devices twice as quickly as the old units.

There are some issues to address. For starters, it's not easy to achieve the car's advertised fuel economy numbers, and doing so requires some unrealistic driving habits.

If you're going to get an EcoBoost Focus, you should either get a fun one like the ST or RS, or else stick with the naturally aspirated model.

ALL PHOTOS CONTRIBUTED

### THE CHECKLIST | 2016 FORD FOCUS 1.0-LITRE ECOBOOST

#### THE BASICS

**Engine:** 1.0-litre three-cylinder  
**Power:** 123-hp, 125 lb-ft of torque  
**Transmission:** six-speed manual or automatic  
**Fuel Economy (L/100 km):** Manual: 7.8 city, 5.7 highway, 6.8 combined. Automatic: 8.5 city, 5.9 highway, 7.3 combined  
**Price (CAD):** Starts at \$21,199



#### LOVE IT

- Responsive engine
- Driving dynamics
- Looks good

#### LEAVE IT

- Slow
- Hard to net MPGs
- 2.0L is easier to drive and faster

## 3 CLASSIC RIDES THAT SPIKED IN VALUE OVER THE PAST YEAR

The world's leading insurance provider for classic vehicles, Hagerty, has released a list of the hottest collector cars of the summer. If you've been keeping your eye on any of these, you might want to act fast. JASON SIU/AUTOGUIDE.COM

### 1 1997 Ferrari F355 Spider

If you want to drop the top on a Ferrari, you might be surprised to hear what the F355 is worth today. The 1997 Ferrari F355 Spider is currently worth \$90,100 in top condition, a noticeable



increase from its January 2016 value of \$77,500. But this particular model is on the rise, considering in January 2015 it was worth around \$51,000! An excellent-condition one is worth around \$68,900.

### 2 1987 Mercedes-Benz 560SL

Perhaps the Ferrari is too flashy and you prefer something more classy. The 1987 Mercedes-Benz 560SL is a primary candidate, and its value is quickly rising. Currently a top-condition model will run you around \$75,700. It's also one of the biggest jumps on the list, since the 1987 Mercedes-Benz 560SL was valued around \$32,500 in January 2015.



### 3 1990 BMW M3

But the car seeing the biggest jump in the past year is the 1990 BMW M3. You might be shocked to hear that a top-condition model begs a price of \$121,000 in today's world and even an excellent-condition has a price tag of around \$76,100. It has been on the rise since January 2015, when a top condition was valued around \$69,000. In January 2016, Hagerty says, it would fetch around \$115,000.







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In the first 96 hours of free agency, NBA teams committed about \$3 billion toward contracts — that's almost \$9,000 a second over four days



Andre De Grasse races to victory in the men's 100 metres during a Diamond League event in Oslo, Norway, on June 9. VIDAR RUUD/AFP/GETTY IMAGES

## Switch to the fast(er) lane

TRACK AND FIELD

### De Grasse takes world-class training into Olympic trials

When Andre De Grasse lines up against the world's fastest men at the Rio Olympics, it will be the punctuation mark on a season that was written in countless training runs down the track at a small college in Arizona.

The Canadian sprint star raised some eyebrows when he upended his training environment just six months out from the Rio Olympics.

The 21-year-old swapped what was essentially a two-man training group at the University of Southern California to become just one of over 100 world-class athletes from 30 countries working with the Altis training centre in Phoenix.

Training against the best in the world on a daily basis, he said, will stand him in good stead when he lines up in Rio.

"Before it was just me

and my training partner Beejay (Lee, his USC teammate)," De Grasse said. "But we both came here, and the atmosphere ... we have guys who are just as fast as us, that push us every day."

"It's really good for us competitively because before you didn't really know where you were at, in practice. But now you can tell, if you're with your training partner or you're near him doing a rep, you know you're in pretty good shape."

The Markham, Ont., sprinter will be the headliner at this week's Canadian Olympic trials in Edmonton, and he has his eyes on a medal at the Rio Olympics.

He'll also be one of about a dozen Altis athletes, including sprinter Justyn Warner and long jumper Christabel Netey, competing in Edmonton.

Paradise Valley Community College, the Altis training base, sits in the shadow of Camelback Mountain in a sleepy Phoenix neighbourhood. The giant cacti

outside the chainlink fence could pass for onlookers against the glare of the sun.

The athletes arrive in waves — smaller groups make for more effective coaching. They paint a global mosaic in their various national team gear, from Great Britain, India, Japan, Australia, Saint Lucia, Samoa and Canada.

Damian Warner, Canada's world silver medallist in the decathlon, travelled to Phoenix several times this season to work with Altis.

"The main thing I like about this program is just the atmosphere, and the coaches," Warner said during a break between sessions.

"The atmosphere is a little different from what I'm used to. I can pole vault and I'm pole vaulting with a guy (Steve Lewis) who is the British record holder. Then I look over and there's the world record holder in the hurdles, Aries Merritt (of the U.S.). It's just kind of a cool atmosphere, and everybody here is focusing on their own goals, and focusing on Rio, and you can tell, and you can feed off that energy." THE CANADIAN PRESS



De Grasse could be pushed by Aaron Brown, who recently became just the second Canadian in nearly two decades to run a sub-10-second 100 metres. GETTY IMAGES FILE

WIMBLEDON

## Williams sisters advance to semis

The Williams sisters could be headed for another meeting in a Grand Slam final.

Venus Williams made it back to the Wimbledon semifinals for the first time in seven years on Tuesday, while defending champion Serena Williams advanced to her 10th final four at the All England Club.

Five-time champion Venus, 36, beat Yaroslava Shvedova of Kazakhstan 7-6 (5), 6-2, advancing to the semifinals for the first time since 2009 and first time at any

**"I want her to win so bad — obviously not in the final if I'm there."**

Serena Williams

major since the 2010 U.S. Open. A short while later, Serena beat Anastasia Pavlyuchenkova of Russia 6-4, 6-4.

THE ASSOCIATED PRESS

### IN BRIEF

#### Loss to Reds the latest woe of suddenly struggling Cubs

John Lackey's winless streak stretched to five games, Chicago manager Joe Maddon was ejected and the Cincinnati Reds beat the struggling Cubs 9-5 Tuesday in Chicago behind Zack Cozart's 13th home run.

Lackey (7-5) allowed six runs — five earned — six hits and five walks in six innings, dropping to 0-3 in his past five starts. The Cubs have lost five of their last six games and 10 of 15.

THE ASSOCIATED PRESS

#### American athletes to be studied for Zika infections

Researchers will study some U.S. athletes for Zika during the summer Olympics and Paralympics in Brazil, to better understand how the virus infects.

The National Institutes of Health announced the study Tuesday, amid concern among athletes over the mosquito-borne virus, which can cause severe birth defects.

Some athletes have dropped out, citing Zika worries. THE ASSOCIATED PRESS

BASKETBALL

## Canada starts Rio qualifier with win

Toronto Raptors point guard Cory Joseph led Canada to a 77-69 win over Turkey on the opening day of the FIBA Olympic basketball qualifying tournament.

Joseph led the Canadian attack Tuesday with 21 points, five assists and three rebounds.

Canada outshot Turkey from the floor, hitting 42 per cent of its field-goal.

A win over Senegal on Wednesday will secure Canada a spot in the semifinals.

THE CANADIAN PRESS



Canada's Thomas Scrubb defends against Turkey's Ali Muhammed on Tuesday.

TED ALIJE/AFP/GETTY IMAGES



## 5

## UFC 200 STANDOUT STORYLINES

The MMA promotion's much-hyped event has grown so big that a single fight card can't contain it. So the UFC is putting on shows on three consecutive nights in Las Vegas this week culminating Saturday night in UFC 200



## 1 Nightly title fights

Lightweight champ **Rafael dos Anjos** defends against Eddie Alvarez Thursday, while strawweight champ Joanna Jedrzejczyk takes on Claudia Gadelha Friday. On Saturday, Jose Aldo has an interim featherweight title fight with Frankie Edgar, bantamweight champion Miesha Tate defends against Amanda Nunes, and light-heavyweight kingpin Daniel Cormier meets interim champ Jon Jones again.



## 2 Everyone's a star

UFC 200 alone features nine fighters who have held titles. Former heavyweight champ **Cain Velasquez**, former bantamweight champ T.J. Dillashaw and former welterweight champ Johnny Hendricks are all in difficult bouts. Also included are former contenders Cat Zingano, Mark Hunt and Diego Sanchez and crowd-pleasers like Joe Lauzon and Jim Miller.

## 3 Big bad Brock

Along with the legitimate competitive reasons to buy UFC 200, there's also the biggest spectacle in MMA: **Brock Lesnar**, the former heavyweight champ and current professional wrestler. Nearly five years after his last fight, and a year after saying he was done with MMA, the UFC 100 headliner returns to the cage to fight knockout artist Hunt. Lesnar will get a big payday for taking the enormous risk, and the UFC will get another boost from the biggest pay-per-view draw in the sport's history.



ALL PHOTOS GETTY IMAGES



## 4 Conor and Nate II

Conor McGregor's rematch with Nate Diaz isn't on UFC 200 anymore but the charismatic Irishman and his Californian conqueror will make their presence felt at International Fight Week. They're scheduled for a news conference Thursday to promote their meeting at UFC 202 on Aug. 20. And it will feel like a fight: the UFC is holding the event at T-Mobile Arena, and it's open to the public.



## 5 Grand finale

The festivities come down to Jones' second meeting with Cormier. A win would be redemption for Jones (22-1), widely considered the top pound-for-pound MMA fighter. He had his title stripped last year after his involvement in a hit-and-run accident, but returned earlier in 2016. Cormier (17-1) has never lost to anyone but Jones, but he was outclassed in their first meeting. THE ASSOCIATED PRESS

## SOCCER

## End product is only concern for Portugal

Don't let Cristiano Ronaldo's devilish grin and chiselled torso fool you.

**EURO 2016 SEMIFINAL SETUP**

Euro," Santos said. "We have a goal and we are doing all we can to achieve

Portugal is the undisputed ugly duckling of the four teams left standing at the European Championship.

While semifinal rival Wales, along with Germany and France, have all impressed with big wins to deservedly reach this stage, Portugal has only joined them after barely squeaking through each round.

And unless Ronaldo can rediscover his scoring touch, Portugal will struggle to find a way past an attack fuelled by Gareth Bale when it plays Wales at the Stade de Lyon on Wednesday.

Portugal coach Fernando Santos, however, doesn't care about style or statistics.

"I would be bothered if I was at home and they were saying Portugal had played well but was no longer at the

it. We are not here to play pretty or ugly.

"We are going to take on an excellent opponent, which has more victories and scored more goals than we have, but we believe we are going to win."

How Santos' side has managed to reach its fourth semifinal appearance in the last five continental competitions is something of a mystery.

Portugal has yet to beat an opponent in 90 minutes of regulation play after five matches at Euro 2016.

Portugal limped into the round of 16 after three draws, finishing third in Group F behind Hungary and Iceland. It then needed an extra-time goal from Ricardo Quaresma to see off Croatia 1-0 in one of the poorest matches of the tournament. Next came a quarter-final against Poland that Portugal claimed in a penalty shootout following its finish at 1-1 after 120 minutes.

All told, Portugal has been in the lead for a total of 22 minutes over the course of more than eight hours of football in France.

Yet, here they are, one win away from the final in Paris on Sunday.

Understandably enough, Portugal's players are focusing on the product, not the process.

"Criticism gives us more motivation," said midfielder Danilo, who is likely to start against Wales for the suspended William Carvalho.

"It's not easy, we see it in the news but it motivates us. It makes us determined to prove them wrong."

THE ASSOCIATED PRESS



Fernando Santos  
GETTY IMAGES

## + TOURNEY NOTES

## Pepe yet to get the OK

Coach Fernando Santos says his team will make a match-day decision as to whether central defender Pepe is fit to play against Wales.

## Safety, not cuteness, first

UEFA says it is cute but not safe for players' children to join in post-match celebrations on the pitch.

## Security gets high marks

UEFA's tournament director Martin Kallen says he is "very satisfied" with security operations ahead of the last three matches.

## TOUR DE FRANCE

## Stage 4 winner a 'mega happy' man

German rider Marcel Kittel claimed the fourth and longest stage of the Tour de France after a mass sprint on Tuesday.

Kittel, who returned to the Tour with a new team after injuries and illness ruled him out last year, began his final surge for the line a little too early for comfort. But he just managed to hang on and edge French rider Bryan Coquard in a photo-finish.

It was Kittel's ninth stage win at the Tour.



Marcel Kittel  
GETTY IMAGES

"I feel very emotional right now, it feels like my first stage win again," Kittel said. "I'm mega, mega happy. I'm very proud, because the team was really fighting for this win."

World champion Peter Sagan finished third and kept the yellow jersey.

THE ASSOCIATED PRESS

## RUGBY

## Canadian women to open vs. Japan

The Canadian women's rugby sevens team will open its Olympic campaign against Japan before facing host Brazil on the opening day of competition.

The Olympic rugby match schedule was released Tuesday. The women play Aug. 6-8 while the men go Aug. 9-11, both in Rio.

Canada will face Britain on Day 2 to wrap up pool play at Deodoro Stadium. Teams will then be split into medal or consolation rounds later that day with the competition concluding Aug. 8. The top two teams from each of the three pools, plus the two best third-placed sides, advance to the last eight.

## + HEAD TO HEAD

Canada beat 10th-seeded Japan both times they met this season but did not face No. 9 Brazil on the world circuit.

THE CANADIAN PRESS

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# RECIPE Grilled Pork Chops with Goat Chees and Apples



PHOTO: MAYA VISNIEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Do your prep in the morning so your chops can spend the day in the fridge marinating. Come dinner time you'll just spend another 10 minutes grilling and this glorious meal will be all yours.

**Ready in**  
Prep time: 2 hours  
Cook time: 15 minutes

- Ingredients**
- 2 cups water
  - 1/4 cup Dijon mustard, divided
  - 4 thin-cut boneless pork loin chops
  - 2 teaspoons extra-virgin olive oil
  - 2 granny smith apples, cored and quartered
  - 2 tablespoons goat cheese
  - salt and freshly ground pepper

## Directions

**1.** In a large, plastic storage bag, combine water, 3 tablespoons mustard, 1 tablespoon salt and pork chops. Shake well and refrigerate for 2 to 4 hours; drain well and discard brine.

**2.** Preheat grill to medium high heat. Combine remaining 1 tablespoon of mustard and oil in a small bowl and brush over apple quarters and pork chops.

**3.** Place on grill, flipping halfway through, until pork is gold brown and cooked through, and apples are charred but still juicy. Apples will only need 4 to 5 minutes. Transfer them to plates and then add pork when it is finished. Garnish with goat cheese and serve.

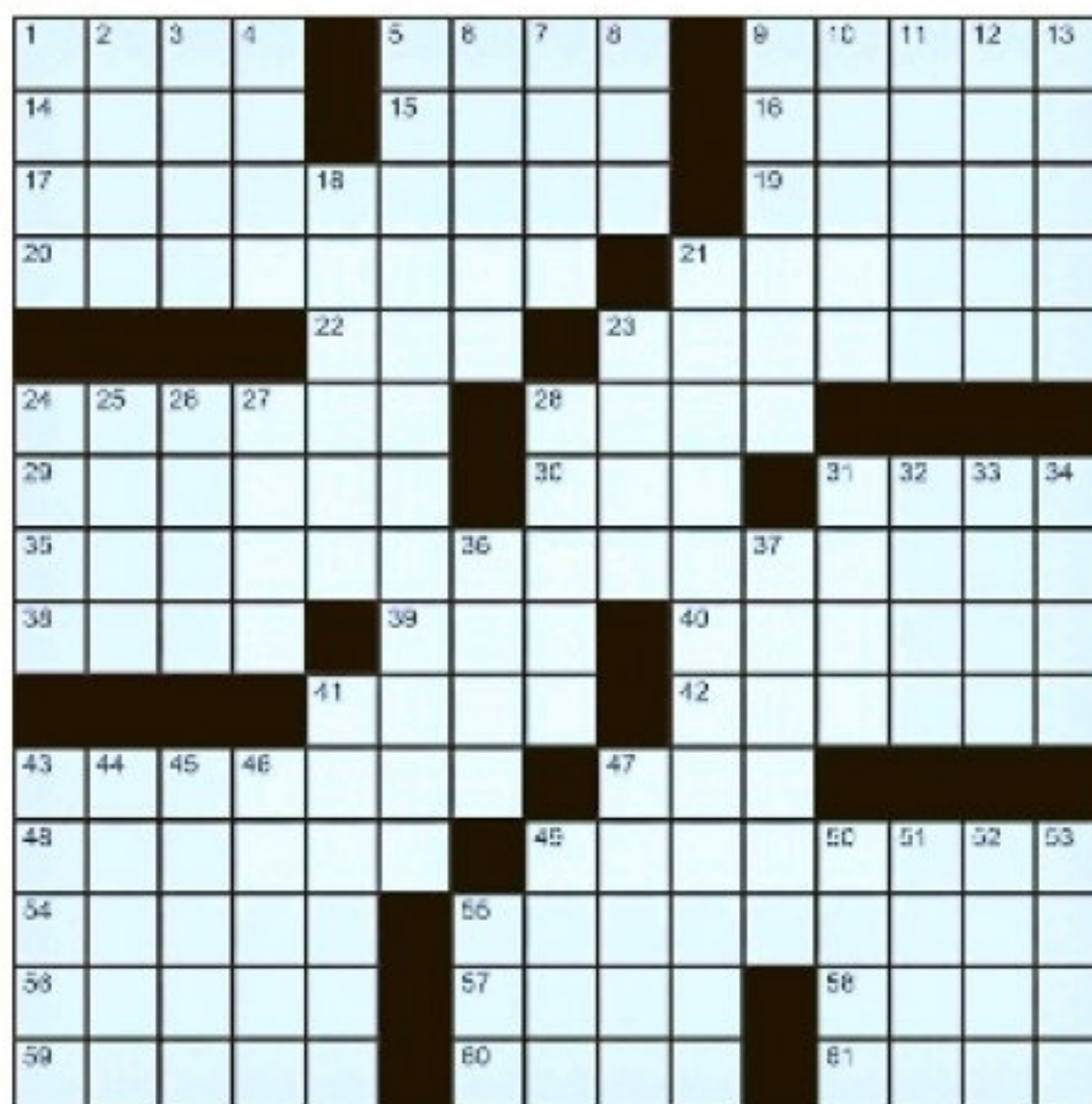
FOR MORE MEAL IDEAS, VISIT  
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

- Leaf to Maple branch link
- Grub
- Car's stopper
- Like a hooting bird
- Five-star
- Cite
- What the homeowner is asking for, such as in a real estate ad: 2 wds.
- Chipmunk's chew
- Carole = \_ \_ carriage
- Harbour structures
- Bon \_ (Witicism)
- Shakespeare's fantastical play, The \_
- Particular prickly plant
- British supermodel Kate
- Animal Farm author George
- Deep-into-sleep
- Swell
- Canada's 8th Prime Minister: 3 wds.
- Wild blue yonder's
- "Cold Mountain" (2003) role
- Bitterly complained
- Similar
- Says "Do this, this and that"
- Fruity frozen dessert
- "I Am \_" (2001)
- Ritzy roe on hors d'oeuvres trays
- Charmed
- Insurance company



- pany gig
- Whole grain recipe component: 2 wds.
- Rene Descartes: "Je \_ donc je suis." (I think, therefore I am)
- Hawkeye State
- Comic actress Madeline
- Insert

- "\_ 101" (TV show Britney Spears' sister Jamie Lynn starred on)
- \_ Machines (Casino games)

## DOWN

- \_ career (Ex-band member's under-taking)

- \_size bed
- Other
- Legendary tale
- "Canada's First Lady of Country Music": 2 wds.
- Operate a crane in a way
- As soon as...
- Teensy

- 19th-century German composer Johannes
- Post-game analysis
- "Fortune is painted blind, with a muffler \_ her eyes..." - Shakespeare
- Woodworking cuts

- Surrealist artist Max
- Grapefruit-like fruit
- Hip-and-happening Winnipeg neighbourhood centred around Sherbrook Street: 2 wds.
- Talk up/boast
- Flip
- Mr. Estrada
- Haywire
- Sunday church deliveries, for short
- Erin of "Happy Days"
- Canadian star of classic TV series "Dark Shadows", Jonathan \_
- Loafing
- \_do-well
- Finishes
- Change in the newsroom
- Viking ship crew
- Decreaser
- Scenic suffix to 'Sea'
- Tom \_ (Robert Duval's character in 'Godfather' movies)
- Function to attend
- Get the shampoo out
- Lucy \_ (Main character in Charlotte Bronte's 1853 novel Vilette)
- 'Switch' suffix
- Bible-style vessels
- Oman money
- Hello Heellloo! Heelllooooo!
- Autoshop repair
- Industry, colloquially

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
You will enjoy redecorating where you live or buying beautiful things for home and family. This is a great day to entertain at home. Invite the gang over!

**Taurus** April 21 - May 21  
Your social skills are tops today! Enjoy schmoozing with partners, close friends, siblings and neighbors. This is a strong day for writers and actors, teachers and salespeople.

**Gemini** May 22 - June 21  
Trust your moneymaking ideas! This is a good day for business and commerce. Financial deals will be positive. Shopping for beautiful things will please you.

**Cancer** June 22 - July 23  
You feel friendly and sociable today. (Many of you also are passionate and sexy!) Enjoy schmoozing with others, because you will assert yourself with style and diplomacy.

**Leo** July 24 - Aug. 23  
Today the Moon is in your sign, which is empowering. Some of you will enjoy secret flirtations or clandestine love affairs. However, you will be more emotional than usual.

**Virgo** Aug. 24 - Sept. 23  
This is a great day to relate to friends or members of groups. In fact, a friend might become a lover. It's a good day for meetings, classes and large conferences.

**Libra** Sept. 24 - Oct. 23  
Relations with bosses, parents, teachers and VIPs are excellent today. Expect someone to ask for your creative advice or input about design, layout and the appearance of something.

**Scorpio** Oct. 24 - Nov. 22  
Travel for pleasure appeals today. However, some of you will be attracted to someone who is different or from another culture. Go after opportunities in publishing, medicine, the law and higher education.

**Sagittarius** Nov. 23 - Dec. 21  
Gifts, goodies and favors from others will come your way today. This is a good day to ask for a loan or mortgage.

**Capricorn** Dec. 22 - Jan. 20  
Relations with partners and close friends will be warm and lively today. Even your dealings with the general public are excellent.

**Aquarius** Jan. 21 - Feb. 19  
Co-workers are supportive today, which is why this is a good day to move forward at your job. If you suggest something, others will follow or agree with you.

**Pisces** Feb. 20 - March 20  
This is a romantic, flirtatious day! New love will blossom for some of you. Many of you will enjoy subtle flirtations and form contacts with others. It's a great day to socialize!

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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